

RE YOU SUFFERING

FROM THE EFFECTS OF NUTRITIONAL **DEFICIENCIES OR IMBALANCES?**

NUTRIENTS such as amino acids, enzymes, fatty acids, vitamins, minerals, and electrolytes are the building blocks of the body. They provide energy, support metabolism, and are needed for many biochemical reactions to sustain health. Key nutrients may become deficient for various reasons. These may include:

- Disease processes, which may block metabolism
- Poor dietary habits
- Physical, mental, and emotional stress

When key nutrients become deficient, many metabolic processes are affected. The body may initially try to compensate for such imbalances. However, if they are prolonged, they may contribute to hormonal issues, metabolic disorders, increase in toxic load, oxidative stress, organ weakness, etc. Many symptoms such as tiredness, fatigue, and irritability may be effectively addressed with proper nutritional considerations.

STOP!

are you getting the information about your INDIVIDUAL nutritional needs from: the internet? magazines? friends?

DISCOVER

what YOU NEED from YOUR INDIVIDUAL **BLOOD TEST**

There is no general screening test that is more efficient, effective, and affordable than a comprehensive blood chemistry panel. It allows the healthcare provider to establish a baseline of biomarkers that can be used to track the patient's health and nutritional needs immediately and over a period of time.

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